



Low-Carb Dieting For Dummies

Katherine B. Chauncey

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Reduce your weight, your cholesterol, and your blood pressure

Get the facts about carbs and get serious about improving your health

Curious about going low-carb? This plain-English guide explains the latest research behind reduced-carbohydrate diets, dispelling the myths and revealing how to navigate your way through the good and bad carbs to create a diet plan that works! You get delicious recipes and lots of tips to make your low-carb diet a success.

Discover how to:

- Stock a low-carb kitchen
- Prepare 75 tasty low-carb recipes
- Eat right while dining out
- Create both meat and vegetarian dishes
- Incorporate exercise into your day
- Maintain a low-carb lifestyle

The Dummies Way

- Explanations in plain English
- "Get in, get out" information
- Icons and other navigational aids
- Tear-out cheat sheet
- Top ten lists
- A dash of humor and fun

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